BACK TO BASICS®

User's Guide

SMOOTHIE FREEZE™



SUP400BINST V0306

QUICK REFERENCE

Smoothie Freeze™ Parts



IMPORTANT SAFEGUARDS

⚠WARNING

WARNING: This appliance is not a toy. Close adult supervision is necessary when used by or near children. Please do not leave this unit unattended with children.

When using electrical appliances, basic safety precautions should always be followed:

- Read all instructions before using.
- To protect against electrical shock, do not put the cord, plug or the motor assembly in water or other liquid.
- Close supervision is necessary when this appliance is used by or near children.
- Unplug the appliance from outlet when not in use, before putting on or taking off parts and before cleaning.
- Avoid contact with moving parts.
- Do not operate this appliance with a damaged cord or plug, after the appliance malfunctions or if the appliance is dropped or damaged in any manner. If you experience any problems with your machine, unplug it immediately from the electrical outlet and call Back to Basics® at 1.800.688.1989.
- The use of accessory attachments not recommended or sold by Back to Basics® may cause fire, electric shock or injury.
- Do not use outdoors.
- Do not let the cord hang over the edge of a table or counter.
- Do not let the cord come into contact with hot surfaces, including a stove.
- Do not place on or near a hot gas or electrical burner or in a heated oven.
- Do not use this appliance for other than it's intended use.
- Turn off the machine before removing the mixing container from the base and before placing the mixing container on the base.
- Do not run motor without mixing container properly attached to motor base or when mixing container is empty.
- Keep hands and utensils (other than included stir stick) out of container while mixing ingredients to reduce risk of severe injury to persons or damage to the machine.
- Blades are sharp; handle carefully.
- Always operate the appliance with the lid in place.

IMPORTANT SAFEGUARDS

- Do not blend excessively hot liquids. Never pour boiling water into the mixing container.
- Be sure to turn switch to OFF position after each use.
- To disconnect, grip plug and pull from wall outlet. Never pull on cord to disconnect.
- Never leave the house while the appliance is on.
- A short cord set is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
- Extension cords may be used if care is exercised in their use. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the counter top where it can be tripped over or pulled by children.
- After running the motor continuously for three minutes, wait at least five minutes before running the motor again.
- This appliance has a polarized plug (one blade is wider than the other). To reduce risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the appliance plug in any way.

SAVE THESE INSTRUCTIONS. INTENDED FOR HOUSEHOLD USE ONLY.

ONE-YEAR LIMITED WARRANTY

Back to Basics Products, Inc., warrants your new smoothie maker to be free from defects in materials and workmanship under normal household use for a period of 1 year from the date of purchase. During this period, such defects will be repaired or the product replaced at Back to Basics® discretion without charge. This warranty does not cover exterior or interior finish or damage caused by misuse, accident or negligence.

A purchase receipt or other proof of date of original purchase will be required before warranty service is rendered. Please fill out and return the warranty registration card located on page 15.

If a problem with this houseware item develops during or after the warranty period, please contact Back to Basics Products, Inc. for service.

If service is required:

- Send a brief letter explaining the problem. Be sure to include your name, address and phone number.
- For faster service, call 1.800.688.1989 or e-mail service@btbproducts.com.
- Most service problems are resolved with the replacement of a broken or defective part. If this is not the case, we will give you instructions for returning the unit.

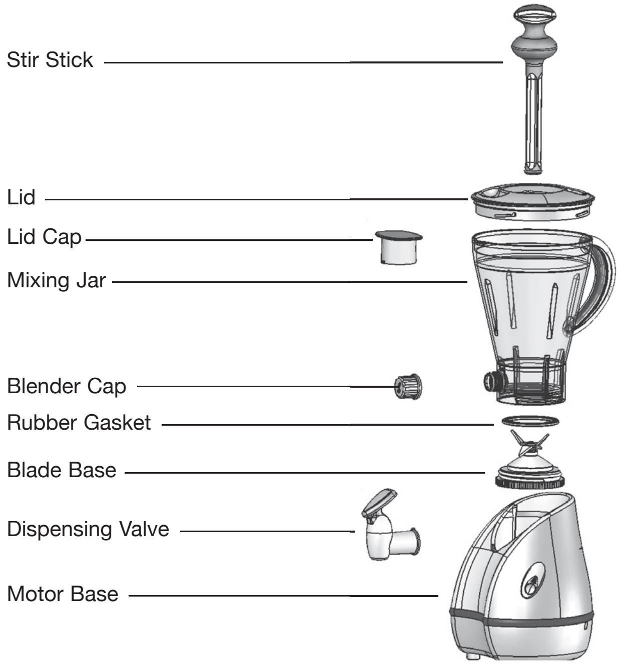
Any appliance submitted for repair must be sent (transportation charges prepaid) to:

Back to Basics Products, Inc.
675 West 14600 South
Bluffdale, UT 84065

If you have any questions concerning the use or care of this product, or comments regarding your experience with the product, please write a letter explaining the nature of your concern.

Use and Care (Assembly)

To use your smoothie maker, begin by assembling the mixing jar.



1. Position the rubber gasket down onto the circular flat surface in the blade base.
2. Screw blade base on the bottom of the mixing jar by twisting the blade base clockwise until tightened onto the mixing jar. Make sure that the blade base is tightly fastened to the mixing jar and that the rubber gasket is properly compressed between the mixing jar and the blade base.
3. Push the lid onto the top of the mixing jar. Place the clear lid cap in the center of the lid or place the stir stick through the center of the lid if blending liquids or frozen drinks.
4. Place the mixing jar onto the motor base so that the bottom of the blade base is sitting flat on the motor base.
5. Plug in the cord. Your smoothie maker is now ready to use!

Smoothie Freeze™ Control Buttons



PULSE gives short bursts of power at high speed.
Use PULSE to begin the mixing of ice and other hard ingredients.

LOW/DISPENSE runs the unit at low speed. This speed should be used for the initial 30 seconds of mixing as well as for dispensing.

HIGH runs the unit at high speed. This speed should be used for the final stages of mixing. Do not use this speed for dispensing.

OFF turns off the machine.

The Smoothie Freeze™ mixing container is conveniently marked to create perfect smoothies. To make your favorite frozen drinks, follow these simple steps:

ADD LIQUIDS

Add any combination of liquid ingredients up to the LIQUIDS mark under SERVES 3. Liquids include any soft ingredients such as fruit, milk, fruit juice, herbal supplements or yogurt in any combination you think would be tasty.

We are, of course, partial to the Back to Basics® smoothie mixes, which quickly and easily make three delicious 8-ounce smoothies.

ADD ICE

Add ice or frozen ingredients until the total level reaches the FROZEN INGREDIENTS line on the side of the mixing container. Frozen ingredients include ice, frozen fruit, frozen yogurt, ice cream, etc.

SMOOTH IT

With the lid on and the stir stick set in the hole on the lid, pulse the mixture 2 or 3 times by pressing the PULSE button. Then move the switch to HIGH and wait until the ingredients are completely mixed. Turn the stir stick counter-clockwise for best mixing results.

SERVE IT

To serve the smoothie, press the switch to LOW/DISPENSE, place a cup under the valve and press down the valve lever. Stir the contents in the mixing container with the stir stick while dispensing thick smoothies. As the smoothie level reaches the bottom of the mixing container, a thick mix may stop dispensing. Add a few tablespoons of liquid to increase flow. When the mixing container is empty, turn the machine OFF and enjoy.

You can continue making smoothies one after another, but be sure to give the smoothie maker a 5 minute break after 3 minutes of continuous use.

THICKER SMOOTHIE

To make a thicker smoothie, add more frozen ingredients.

THINNER SMOOTHIE

To make a thinner smoothie, add more liquid ingredients.

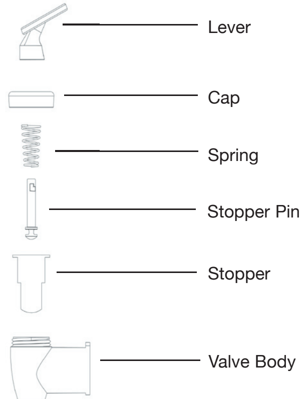
CARE & CLEANING

Before using the first time and after each use, be sure to thoroughly wash the mixing container, blade assembly, rubber gasket, valve, lid and stir stick. To prolong the life of your smoothie maker, **do not wash parts in the dishwasher**. Unscrew and disassemble the valve for cleaning (see below). Also, remove blade assembly from the mixing container and rubber gasket for cleaning; turn it **clockwise** to remove.

CLEANING THE DISPENSING VALVE (see below)

To disassemble dispensing valve for cleaning:

1. Remove the valve from the container by unscrewing the entire valve counter-clockwise.
2. Remove the cap from the valve body by unscrewing it counter-clockwise.
3. Squeeze cap and stopper together and slide the lever off the stopper pin.
4. Remove the spring.
5. Remove the stopper and stopper pin by pulling the rubber rim of the stopper. The stopper and pin are tightly fit and need not be separated.
6. Clean all parts in warm soapy water, allow to dry thoroughly and reassemble in the order shown.



STRAWBERRY BANANA SUPREME SMOOTHIE

1 cup	strawberry nectar or apple juice
1 cup	milk
1	frozen banana (chunks)
2 ½ cups	frozen strawberries
1 cup	strawberry yogurt

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

MANGO TANGO SMOOTHIE

1 cup	pineapple juice
1 cup	orange juice
½	frozen banana (chunks)
1 cup	pineapple sherbet
1½ cups	frozen mango slices

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

BERRY BLAST SMOOTHIE

1 cup	apple juice
1½ cups	lemonade
1 cup	frozen raspberries
½ cup	frozen strawberries
1 cup	raspberry sherbet

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

RASPBERRY CREAM SMOOTHIE

1 cup	orange juice
1 cup	raspberry yogurt
1 cup	vanilla frozen yogurt
½	frozen banana (chunks)
1½ cups	frozen raspberries

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

ORANGE BANANA CREAM SMOOTHIE

1 cup	milk
1½ cups	orange juice
½ tsp.	vanilla
½	frozen banana (chunks)
1 cup	vanilla frozen yogurt
½ cup	orange yogurt
3 tbs.	orange juice concentrate

RASPBERRY SUNRISE SMOOTHIE

2½ cups	orange juice
1½ cups	frozen raspberries
1 cup	raspberry sherbet
1 cup	ice

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

LEMON LOUIE SMOOTHIE

2 cups	lemonade
1 cup	lemon yogurt
1½ cups	frozen pineapple chunks
1 cup	pineapple sherbet
1 cup	ice

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

PEACH REFRESHER SMOOTHIE

2 cups	peach nectar or apple juice
1 cup	vanilla frozen yogurt
½	banana
1 cup	peach yogurt
1½ cups	frozen peach slices

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

BANANA LIME SUBLIME SMOOTHIE

2 cups	limeade
1	banana
1 cup	lime sherbet
3 tbs.	coconut milk
1 cup	ice

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

PIÑA COLADA SMOOTHIE

5 tbs.	coconut milk
2½ cups	pineapple juice
½ cup	vanilla ice cream
½	frozen banana (chunks)
1½ cups	frozen pineapple chunks

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

STRAWBERRY LEMON SURPRISE SMOOTHIE

2 cups	lemonade
2 cups	frozen strawberries
1 cup	strawberry yogurt

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

HAWAIIAN HOLIDAY SMOOTHIE

1 cup	passion fruit nectar
1 cup	guava nectar
1 cup	orange sherbet
½ cup	frozen strawberries
½ cup	frozen mango slices
4 tbs.	coconut milk
1 cup	strawberry yogurt
½ cup	frozen banana (chunks)

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

LOW-FAT STRAWBERRY ORANGE SMOOTHIE

2 cups	strawberries
½ cup	orange juice
1 cup	skim milk
1 cup	plain nonfat yogurt
1 cup	ice

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

LEMONADE WATERMELON SOOTHER

2 cups	watermelon (pulp, not rind)
3 oz.	frozen lemonade concentrate (1/2 of a 6 oz. can)
1 cup	lemon/lime soda
1 tsp.	grenadine syrup
1-2 cups	ice, to desired consistency

*add water if necessary

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

CHOCOLATE TREAT

3.5 oz	package of instant chocolate pudding mix
1½ cups	milk
1½ cups	ice
1	banana

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

MY RECIPES AND NOTES

WARRANTY

Please complete and return this product warranty card or register your product online at: backtobasicsproducts.com within 10 days of purchase.
THIS INFORMATION IS FOR INTERNAL USE ONLY

☐ Mr. ☐ Mrs. ☐ Ms. **Model: Smoothie Freeze™**

1. Name ____

2. Address ____

City ______________________ State ______ Zip Code __________

3. E-Mail Address ____

4. Age: ☐ 18-24 ☐ 25-34 ☐ 35-49 ☐ 50+

5. Marital Status: ☐ Married ☐ Single

6. Number of Children in the House : 12 yrs and under _________ 13-18 yrs _________

7. Income: ☐ Below $25,000 ☐ $25,001-$50,000 ☐ $50,001-$75,000 ☐ $75,001+

8. Where was this product purchased? ___________________________

9. How did you become aware of this product?

____ Gift
____ TV advertisement
____ Print ad
____ Magazine article
____ Recommendation from friend
____ Saw product in store
____ TV shopping program
____ Internet
____ Other ______________________

10. What were the two most important reasons influencing your purchase:

____ Gift
____ Special offer
____ Product appearance
____ Ease of operation
____ Quality/durability
____ Product features
____ Recommended by sales person
____ Recommended by friend
____ Prior experience with Back to Basics
____ Back to Basics brand reputation
____ Value for price
____ Product packaging
____ Other ______________________

11. Why did you purchase this Back to Basics product?

____ To replacement/upgrade current product
____ Not satisfied with current product(s) already owned
____ First product(s) ever owned
____ Received as a gift

12. Would you be interested in being contacted via e-mail for promotions, recipes, new product information, etc.? ☐ YES ☐ NO

COMMENTS ____
____

Fold here and mail registration card within 10 days of purchase to validate warranty.

Place
Stamp
Here

BACK TO BASICS PRODUCTS, INC.
675 West 14600 South
Bluffdale, UT 84065 USA